Cocoleti's Noob Friendly Poppy Pod Extraction Tek (with pictures)

I get asked regularly how I make my poppy extracts so here is the definitive guide on my way of preparing poppy extracts.

Obvious disclaimers: Growing opium poppies let alone extracting from them may be illegal in your jurisdiction. Know your local laws! Opium poppy preparations can be addictive and dangerous, use at your own discretion.

This extract is used for oral use and cannot be smoked due to high levels of plant fats/gunk remaining in the extract. I make it because I hate stomaching the tea and this allows me to just eat my dose like a pill with a drink. I only use the pods usually but have done so with the rest of the plant as well. Opiates are found in everything!

1) Preferably with completely dry pods (or straw), grind them up in a cheap spice grinder, assuring as much surface area as possible is created which aids in extraction. Keep the seeds for growing or baking! Boil enough water to completely cover your poppy flour and then some. Take the pot off the element and add your poppy flour. DO NOT continue to boil as this will damage alkaloids, adding the poppy flour will quickly bring down the temperature anyways so this shouldn't be an issue. Optional: Add a shot or two of vinegar to increase acidity of the solution, this aids extraction although ideally use pH strips and actually set it at an ideal pH. I cant be bothered so I just eyeball, this may not do much of anything but hasn't seemed to hurt either. Steep for at least a couple hours, I prefer leaving it to steep overnight but didn't this time due to time constraints.

2) After steeping I leave the solution in the fridge for a few hours to allow the fats in solution to cool and solidify and be filtered out in step 3.

3) Filter out the solids. I use a second pot, and a strainer covered in dish cloths or an old (clean) shirt. You can be fancy and use coffee filters which I used to do but they will clog very quickly and be a slow pain in the ass. As I pour out solids onto the filter I wrap it in the cloth and squeeze every last drop out of it as the pod sludge will absorb much of the solution. You worked hard for this, lets not waste anything!

4) I filter once more back into the original pot which should now be free of visible solids and is ready to slowly be heated and evaporated on the stove top. Using a kitchen thermometer slowly raise the heat until around 70-80c. Over the course of several hours depending on how much solution you have the liquid will slowly evaporate off. Stir occasionally and scrape anything that sticks to the sides of the pot. Be careful not to go over around 80c as this can damage the alkaloids over time.

5) Once there is about an inch or so of liquid left you will notice solids forming in the solution, this is your key to transfer the remaining solution into a flat, shallow Pyrex dish to make scraping up the extract easier.

6) Use an oven for the remainder of evaporation, again setting the temperature around 70-80c, keep the door ajar as otherwise your oven will be sticky as the evaporated solution is trapped and starts liquefying in your oven.

7) Eventually it will be ready to scrape up. I find it impossible to get the extract perfectly dry without it being impossible to scrape so I take it off when it's still somewhat sticky and putty like. That's okay as we'll store it in a freezer which will harden it and make it ready for use. I use a paint scraper to peel off the extract. If you overdid it like I did this year, can always redissolve in some water and evaporate again.

8) Roll it all up into a nice ball, I wrap mine in plastic wrap and throw it in the freezer to harden. Then when I want to dose I can cut off and weigh my desired dose, roll it into a small ball and swallow with a drink (put drink in mouth first then extract and swallow all at once).

I got 50g of extract from 300g of dry deseeded pods. 300g of pods on average is 30 doses no tolerance (FOR ME NOT YOU) so if this 50g is 30 doses we can expect a dose to be about 1.66g. That being said we are smart harm reduction oriented people and will start much lower than that in case we have very strong pods. Let me repeat myself, START LOW AND GO SLOW with this stuff. Estimations are fine and all but extra caution must be practiced when fucking around with poppy extracts.

Hope this helps folks out. Stay safe!